

Sat. Nov. 14, 2009

Providence Zen Center

10am–4:30pm

99 Pound Rd, Cumberland, RI

\$75 registration fee
includes vegetarian lunch.

www.providencezen.org

401-658-1464



Zen
and
the Brain

and
Zen Master Soeng Hyang with
Neuroscientist
Dr. James Austin

Held in a beautiful zen temple, this day-long workshop blends periods of meditation with a full-color visual presentation of the latest neuroimaging research. Dr. James Austin incorporates the science behind meditation into new techniques for training the brain to full consciousness, and diminishing the intrusive concept of self. ZM Soeng Hyang provides a bridge to tradition, as we explore the ancient Zen Masters' core teachings from a new direction.